

The HIRRS Circulator

April 2015, Issue Fourteen

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Visitors' Program at HIRRS

There is always something new happening at HIRRS! 2015 started with the launch of a program unexcitedly called "Visitors' Program" but there is nothing boring about it. The idea is to invite fascinating people to share their interests, life experience and talents with HIRRS clients and staff. Jim Dickson and his guide dog visited in January. Jim told us an incredible story of how he became the first blind person to sail a boat alone from Rhode Island to Bermuda. Gary Clark, youth and family counselor, played his guitar and sang songs in February. Diane Ziegenfelder visited in March. She acted out folk stories from Russia, Africa and North America. Grayson arranged for a very kind and patient therapy dog named Flores from Therapy Dogs International to also stop by in March. Then we had Tanya Malykh, a high school senior from Germantown, sing for us on April 6th. Tanya won the international vocal competition, Golden Voices of America, in 2011 and 2013 and performed in Carnegie Hall in New York. She sings classical music in English, French, Italian, Russian, Norwegian, and Ukrainian! Additionally, Mike Ward will teach us tai chi in May. And this is just the beginning! Our visitors received overwhelming support from HIRRS clients, and so we will continue to invite creative and interesting people to visit us at HIRRS. If you know someone with a special talent or life experience, please let us know.

Svetlana Guttenberg,
Cognitive Rehabilitation Specialist at HIRRS



Greetings, Readers!

Bam! Welcome to 2015! Winter is almost over, and we are looking forward to some April showers and May flowers. In this issue of the newsletter you will hear about some adventures that we had on HIRRS outings. You will also read some sketches of our lives and our reflections on Martin Luther King, Jr., in honor of his birthday in January. As usual, we will treat you to work from the artists in Creative Expression group. Bam! Read on!

Thank you for reading!

The HIRRS Circulator Staff (and Ian)

Happy Birthday to all of our January, February, and March babies!

Eric M. – January 3
Horace B. – January 13
Ben G. – January 16
Andre B. – January 28
Payman J. – January 29

Denise R. – February 25
Sam M. – March 18

What's New at HIRRS?

Interview with Brooke

By Dave H.

I interviewed Brooke, one of the speech interns, for the Newsletter. I learned a lot about her!

How did you hear about HIRRS?

Tom came to Towson and told us about it.

What inspired you to get into this field of work?

I wanted to help people. I have experience with kids with autism, and I loved to work with them.

What college did you go to?

Penn State.

Do you like interning at HIRRS? Why?

Yes. I like working with everyone. I like making a difference.

What do you like doing for fun?

Hanging out with my dogs Addie, Emma, and Riley.

What's your favorite sport to watch? Do you have a favorite team?

My favorite sport to watch is football, and my favorite team is the Seattle Seahawks.

What's your favorite kind of music? Do you have a favorite band?

My favorite kind of music is country, and I like listening to Rascal Flatts.

Do you like animals? Do you have any pets?

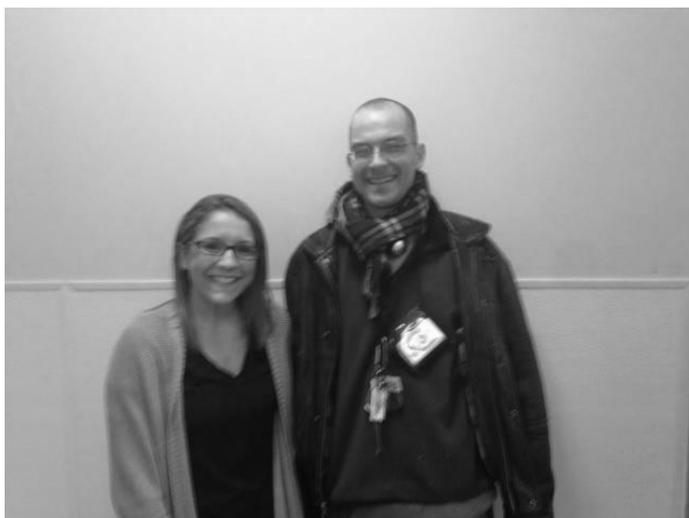
Yes, and yes. I have my three dogs, and my brother has a blue-tongued skink.

If you could meet any famous person, living or dead, who would you want to meet?

Ellen DeGeneres.

Do you have any hidden talents?

I'm able to do gymnastics. My specialty is a back tuck.



Dave H. and Brooke



Trish D. and Caitlin

Interview with Caitlin

By Trish D.

I interviewed Caitlin for the newsletter. She's our spring speech intern!

How did you hear about HIRRS?

Tom came to speak to my class at Towson last Spring.

What inspired you to go into this field of work?

My aunt had ALS and I got to see her work with a speech-language pathologist.

What college did you go to?

I went to University of Maryland for undergrad. Now I am at Towson for graduate school.

Do you like interning at HIRRS? Why?

I love it. I am used to working with kids, so this has been a really different experience. I have loved getting to meet everyone here.

What do you like doing for fun?

I like to run. I like to play with my nephews. I really like to ride my bike.

What's your favorite sport to watch? Do you have a favorite team?

I love basketball. I like the Wizards and the Terps! Go Maryland!

What's your favorite kind of music? Do you have a favorite band?

I listen to many different kinds of music. I love Stevie Wonder and Lady Gaga.

What's the farthest distance you have ever traveled?

Half marathon (I have run 6 half marathons)!

Do you like animals? Do you have any pets?

I love animals! I have a dog named Jake. When I graduate, I am going to buy a pet turtle.

If you could meet any famous person, living or dead, who would you want to meet?

I think it would be really fun to meet Whoopi Goldberg.

Do you have any hidden talents?

I can play the ukelele.

Autobiographies

I am 30 years old and I was born in Washington, DC. My family includes my younger brother and sisters, my mother is an office worker and my father is a chef. The fondest memory I have would be when I worked right out of high school. A childhood memory I consider the best? Well, I don't really have one because growing up I was in and out of hospitals because of my accident. Growing up, my best friends were my teachers. I listen to music, I love to read, but the best is drawing and I like to get to know different people.

-Desmond O.

I am now 30 years old. I grew up in Cleveland, Ohio. I have one sister, but I am not that close to her. When I was little, my mom and dad worked for the government. Going out with my family was my most memorable experience in childhood. My childhood was good and bad, good because I had fun on my birthday and bad because of arguments. I had some pets which made my childhood happy, too. I had some lizards and frogs and a dog. My mother had the most influence on my childhood because she taught me good life skills. I had a good friend growing up and I had fun with him. If I won the lottery I would not work another day in my life and I would have fun and be active and get a lot of exercise. If I had more free time I would stay healthy and relax.

-Daniel M.

I am 23, soon to be 24. I was born in DC. I do not have any siblings. When I was younger, my parents were teachers. The most memorable experience of my life so far was graduating. I had a happy childhood. A happy memory from my childhood is when I went to Maine. I liked the beach. I did not have a best friend growing up. If I won the lottery and never had to work another day in my life, I would buy books. I like adventure books. In my free time, I like to play games on the computer.

-Ben G.

My name is Liz. I am 35 years old. I was born in Maryland. Yes, I have two brothers, Joey and Dov. I am very close to them. My mom is a teacher and my dad was a landscaper. I like coming to HIRRS. I have a happy life.

-Liz K.

I was born in Las Vegas, Nevada in 1971 to Ann and Jim Santini. Unfortunately, I was born with a disability called Spina Bifida which meant that my spine did not fuse to the bottom. So to say that I had a rocky start is an understatement! Later when I was 5 years old my grandpa and I were crossing the street, and we were hit by a drunk driver. My Grandpa was thrown from the hood of the car, meanwhile I was hit on the side of the head, and I was rushed to the hospital where there I lay in the hospital for weeks in a coma. But miraculously I was saved, and ever since then I had a close relationship with my grandparents. I unfortunately have had to have 50 surgeries from head to toe! But all in all I have had a blessed life so thank you for everything and everybody that has been a part of my life so far. It's been interesting!

-Mark S.

I was born on December 6th, 1980 at Andrews Air Force Base in Camp Springs, Maryland. I immediately thereafter moved to Clark Air Force Base for 3 years. As a family unit after the Philippines, we took the airplane over to Wright Patterson Air Force in Fairborn, Ohio. After that, the Hessions moved to Bismarck, North Dakota. After that we moved to Denver, Colorado and did some living there, then onto Austin, Texas then to Lajes Field, Azores, Portugal. Airplane again to Montgomery, Alabama where I started to play trumpet and fell in love with my co-trumpeter Pamela Lee Welch. Then we went from Alabama to Australia. Didn't take long to make friends there being a yank. It was so exciting every day just to live there. They take trains everywhere. There they loved footie, fish and chips, and beer. I spent a year and a half there, then to complete the global life circle we moved back to Andrews AFB. All this time I was an alcoholic so desperate for love. I tried to make it down to Alabama again, but I was sloppy drunk. I took my dad's tiny Honda Civic to go but alas in Emporia, Virginia there was a big truck making a U-turn on the highway and drunk ole Dave hit 'em full speed ahead. Not sure what happened to him but I died. Best hospitals in America are in Virginia luckily. 1st was Medical College of Virginia, a little rehabing to the John Jane Brain Injury Center later known as Virginia Neuro Care. I believe that God is working through every single person in any rehab. From there, I went to HIRRS in September of 2002 or so, and that is where I am today. So now every day I live is a miracle in the making. Melrose is like 2nd family to me. She is always trying to make my life better, but sometimes I get mad, not knowing her intentions. I go to church weekly, sing in the choir and all that these days.

-Dave H.

MLK Jr. Reflections

In the spirit of Martin Luther King Jr.'s birthday, we wanted to put together some reflections on what Dr. King meant to each of us and to the United States of America. See below for some thoughts and remembrances of Dr. King.

My Response to Dr. Martin Luther King Jr.'s Speech in 1953

By Trish D.

It was a very emotional speech. He wanted unity at no one's cost. All people should change their values to be more welcoming. Unity is what he strived for through nonviolence. He wanted a welcoming atmosphere.

All people, all religions, and all viewpoints.

"And we come here today to dramatize a shameful condition." - Unfortunately, this goal has not yet been reached. Acceptance is what Dr. Martin Luther King wanted.

Martin Luther King, Jr.

By Duncan M.

When it came to the meaning of freedom I believe that Martin Luther King Jr. was the most powerful man when it came to speaking. He spoke not only of blacks but of whites and of Hispanics and he talked about how we should all be able to live in peace and enough with this rioting and killing, because it's just not going to be alright with God. So, peace be with you.

MLK Day

By Denise R.

I believe in the holiday because all people should be free and have their own beliefs. This is a reminder of the freedom we all possess.

MLK

By Dave H.

"I have a dream." I dream, too, sometimes. 1963...long time ago. If he didn't dream, we wouldn't be here.

Dr. King's Speech

By Jason P.

Dr. King's speech was a very inspirational speech. Now is the time of democracy not an end it's a beginning, to end hatred. He spoke about police brutality; he talked about how all men are created equal. He spoke about how we should not be judged by race but by our character. His speech hit my heart like a sword.

MLK

By Daniel M.

Martin Luther King Day is a day about peace. We get off for the holiday on the 19th of January. Martin Luther King's speech made headlines all throughout the world. It put tears on people's faces. When he was assassinated it was a very sad moment, but no one will ever forget that man.

Dr. Martin Luther King

By Alusine T.

Dr. Martin Luther King was a wonderful man that cared about others. Black people couldn't sit on the bus together, but now in this day everyone and anybody can sit anywhere on the bus. Most important is that he gives us rest.

MLK

By Mark S.

Martin Luther King's birthday is a celebration of freedom for the blacks. MLK was able to change a whole nation with his words and determination, to bring whites and blacks together as one, and rise above the hate and discrimination. The March on Washington and his "I Have a Dream" speech became famous with the words "free at last, free at last, free at last. Thank God Almighty we are free at last!" Tragically he was shot and killed in Memphis, TN on April 4, 1968.

Creative Expression

Participants of Svetlana's Creative Expression Group discussed beauty and its different aspects. The main thing that everybody agreed upon was that "beauty is in the eye of the beholder." The group assignment to draw something beautiful might sound simple but it was challenging enough as our artists had to choose just one thing out of so many and then be courageous to share their personal understanding of beauty with others. Please enjoy the beauty discovered by them.



"Untitled" – By Ian C.



"We Will Survive" – By Duncan M.



"Rain Drops" – By Trish D.



"Natural Beauty" – Dave H.



"Music" – By Marie D.



"The World as We See" – By Mark S.



"Four Corners" – By Jermaine L.



"Combination" – By Nick M.

Spring has arrived! Tired of winter's gloom, participants of Creative Expression Group wanted something colorful and fun. So, they played a newly invented "Pick Your Color" game. The group looked through the list of 50 best songs with colors in their titles and left only those that nobody knew. Then everybody picked out one and wrote a poem with a chosen title. We hope you have as much fun reading the poems as our authors had writing them!

Nights in White Satin

By Jermaine L.

Just before dawn it seems a trend that never
Seems to fail being reality and not fiction.
Sleek to the touch, with unforgettable
appearance.
Always smooth and lustrous.
Attire decorative that only knights could display
That makes military adventures even not being
on active duty with Uncle Sam with or without
merit.
A man with chivalry devoted to the service of a
lady.
And also the prowess. A fancy way of saying
Military ability so in all the name can be
Very deceiving but in this case in a positive way.
When they function best
From dusk to dawn.
I guess sometimes the name could be an
oxymoron. A complete contradiction
Of itself since white is free of color the nights
Just will have to leave you with these feelings.

Mr. Blue Sky

By Trish D.

I sometimes wonder – Oh why is the sky blue?
What if it were a different hue?
The world would still revolve
With all of its mysteries to solve.
Are you looking for a mate?
What sort of woman do you date?
Precaution: Beware of Miss Green –
Word has it she is kind of mean.

Violet

By Mark S.

Violet is the color of spring it's the color
of the start of a new day.
Violet is the start of new beginnings.
Violet is the color of a sun
setting to finish the day.
Violet is the part of a beautiful rainbow
after it has rained.
Violet is a calming, relaxing, color
you can fall asleep to for a long winter's nap
till next spring,
Where you can do it all again.

Yashimi Battles the Pink Robots

By Dave H.

There once was a green dinosaur that Mario would ride,
When the pink robots came around he would hide.
But all the while courage inside the dino would build
To one day make a story of some robots that he killed.
Trial and error to be had by the beast,
To be scared for himself not to be in the least.
Then another day there was a bee for the school
Yoshi's kid was in it misspelled a word and all thought
he's a fool.
Till a young pink robot was poking fun at Yoshi's son
And that was to lead to a battle for Yoshi to be won.

Pale Blue Eyes

By Marie D.

Pale blue is a beautiful color.
It's no less duller.
Pale blue eyes make us happy.
And you feel zappy.

Green Onion

By Duncan M.

We all know that green onions come from the ground.
We all know that green onions are usually round.
But sometimes you can find green onions out in the wild.
Most certainly they will be the most mild.
You can use these green onions to make your food
taste very interesting because I know for myself
my own blessing.
So take it from me that it is very wise to use green onions
in every dish because it has nothing to do
with the green onions' size.

Grey or Blue

By Nick M.

What color suits you and the way you feel?
Grey or blue?
It will tell you more over
Like what's your mood.
Blue, I think, puts a more positive spark
in the way I feel.
Grey, to me, that's a symbol
that means close to the end.

Outing Recaps & Other Activities

The National Museum of Health and Medicine By Dave H.

For an outing of some visual stimulation we all got in cars and ventured to The National Museum of Health and Medicine. The museum itself is located in Silver Spring, Maryland. Most of the exhibits were enclosed behind glass on display so that the spectators can read and look and have a good time. The first thing they had to see was a display on the human body. Then it was the military display of how they take injured people and heal and fix them. Then they had displays of the tender inside body parts and what medicine heals them. What I really liked was the free stickers, the friendly security guards, and how it was a small place that was easy to get around.



Tim C. and a new friend he made at the National Museum of Health and Medicine!

The German Shepherd By Kimberly K.

Yesterday we saw a therapeutic dog that was a German Shepherd. She was so adorable and nice. Her name was Flores. The German Shepherd was really calm and sweet. Every time somebody pet her she would always shed, though! I felt so happy because she seemed so happy.

The Art Museum By Daniel M.

On Friday, March 13, we went to an art museum. At the museum, we saw a lot of different displays. I cannot describe the exhibits very well, but they were really interesting and weird. They went from sculptures to paintings to photographs. There were even chairs made out of wire there! I thought it was a fun and interesting trip.



A piece of art HIRRS Clients saw at the VisArts exhibit in Rockville, MD.

Recent Outings	
January 9	Movies – Night at the Museum
January 16	Washington Family History Center
January 30	Movies – American Sniper
February 6	The National Museum of Health and Medicine
February 13	Ben’s Chili Bowl
March 13	VisArts at Rockville
March 19	Second Story Books
March 25	Shopping trip



Flores, the German Shepherd!

NEW! HIRRS Circulator Advice Column!

Have a problem? Need some advice? The HIRRS Circulator Staff is here to help! We started a new advice column to help you out with all your inquiries and problems!

Dear HIRRS Circulator Staff,

Last week I got lost from the bus stop from HIRRS to my house. Because I got lost, I missed the first bus. At first I didn't know what to do, but then I decided to wait for the next bus. I made it home, but I would like to not miss the bus next time. What can I do so that in the future I am on time for my bus?

-Lost in Rockville

Dear Lost in Rockville,

There are few ways you might be able to avoid missing your bus in the future. First, we would suggest that you get a bus schedule. Second, we suggest that you always take the same bus at the same time so that it's easier to remember what time your bus arrives every day. If you think your bus is late, you could try calling the number on your bus stop. Third, we suggest that you leave 10-15 minutes before your bus is supposed to arrive in case something comes up. We hope that these suggestions help and we hope that this problem doesn't happen again!

Sincerely,

HIRRS Circulator Staff

Dear HIRRS Circulator Staff,

I'm having problems at home. The other day my dad and I got into an argument about my sneaking out of the house. When we argued I felt out of control with anger and I couldn't stop yelling at my dad. After the argument, I decided I did not want to get so angry again and I felt that I could have handled myself a little better. In the future, what can I do to help me control my anger?

-Mr. Uncontrollable Anger

Dear Mr. Uncontrollable Anger,

When I was young my mom always taught me to count to ten in order to calm myself down and take time to think before I spoke. That would be one of my suggestions for you. I also think it is helpful to listen to music or to take a walk when I am feeling angry. Another suggestion, if you are religious, would be to pray. You could also write a song or write in a journal, which are both productive ways to express your feelings. You should also make sure you are aware of the consequences of what you say. We wish you the best and hope you take this advice!

Yours Truly,

The Staff that Circulates

Dear HIRRS Circulator Staff,

For the longest time I have been coming to HIRRS. I have been so dependent on coffee that it almost seems like I drink it for breakfast, lunch, and dinner. I've noticed how stained my teeth are getting and I don't like it. I've also noticed that it makes me anxious, moody, and manically caffeinated. I know medically speaking I don't need coffee, but sometimes, it sure feels like it. How can I cut down on my coffee consumption, and what are some other ways to stay awake that do not include caffeine?

-Java Junkie

Dear Java Junkie,

First, we suggest that you try drinking half decaf and half regular coffee. Second, we suggest that you try to limit how many times a day you drink coffee. We also think you should try to limit how much coffee you drink each day. Instead of coffee, you might want to try exercising, reading the newspaper, or writing in order to stay awake. You also might need to get more sleep if you are always feeling so tired. You could also take short naps during the day to keep you more alert, but be sure you don't miss out on anything fun! Best of luck to you and we hope you're not falling asleep as you're reading this!

Zzzzzzz,

The HIRRS Circulator Staff

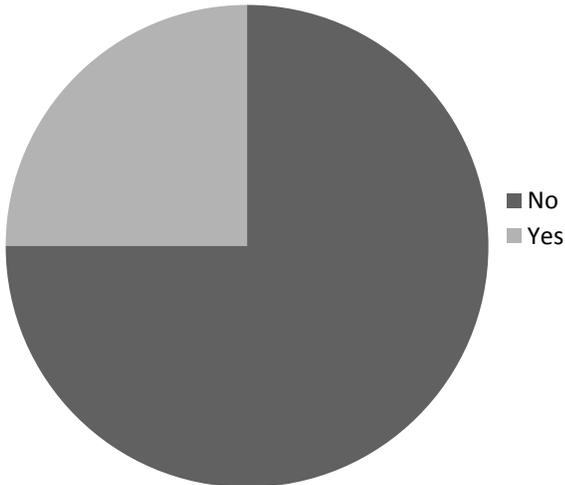
Super Bowl Predictions

For the Super Bowl, we decided to make some quirky and funny predictions, not all having to do with the game itself! See below for some graphs that show how many of us predicted correctly!

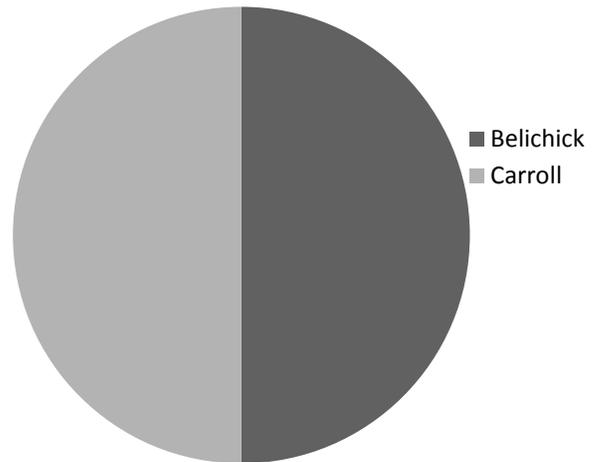
Dark Grey= Correct Guess

Light Grey= Incorrect Guess

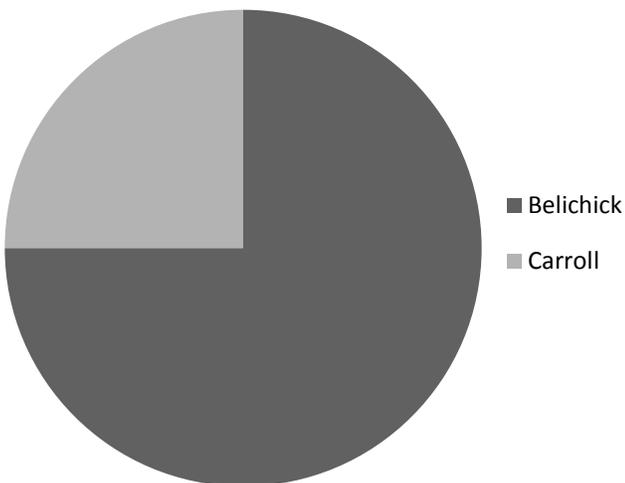
Will Idina Menzel forget or omit at least one word in the official US National Anthem?



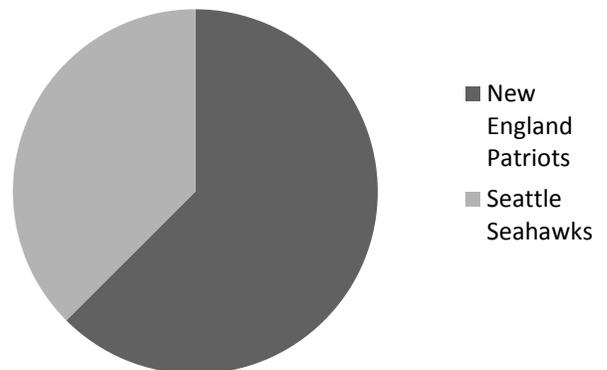
Which Coach will be mentioned first by name on TV after Kickoff?



Which Coach will be shown first on TV after Kickoff?



Who will be the Super Bowl 49 Champions?



Extra! Extra! Read All About It!

We put together some horoscopes for our readers! Check yours out below!

<p><u>Aries (March 21-April 19)</u></p> <p>Happy birthday, Aries! Since you have the ability to bounce back from anything, you're not getting older, you're only getting younger! This year, there will be a new adventure awaiting you. Something exotic. You will meet lots of new people and make lots of new friends. Enjoy it, Aries!</p>	<p><u>Taurus (April 20-May 20)</u></p> <p>Greetings, Taurus! You've been sailing in the right direction! Things have been going well for you, and they will continue to go well for you. This year you will make some new friends and keep the old ones. You will also take a great vacation and win the lottery! Lucky you, Taurus!</p>	<p><u>Gemini (May 21-June 20)</u></p> <p>Hello, Gemini! You are able to speak your mind well, which helps you progress in your professional life. You can expect a raise this year because of all your hard work! You will also find your one true love. Good luck!</p>
<p><u>Cancer (June 21-July 22)</u></p> <p>You're picky and it shows, but your pickiness will pay off. You know what you want and you're not afraid to go after it. Strive for achievement! The stars are in your favor this year.</p>	<p><u>Leo (July 23-Aug. 22)</u></p> <p>You have a lot to offer, Leo. You're very friendly, thoughtful, kind, and helpful. You go out of your way to do things for other people. This is the year for you to give back. Go forth and conquer!</p>	<p><u>Virgo (Aug. 23-Sept. 22)</u></p> <p>Don't overanalyze it. Be true to yourself and learn to let some things go and to accept some things as they are. You may not know what is in the cards for you, but you will win the hand.</p>
<p><u>Libra (Sept. 23-Oct. 22)</u></p> <p>Keep things balanced this year and do not get too caught up in being perfect. Make sure that if you're working hard that you also give yourself some time to relax once in a while. Remember, you're not perfect and nobody is, so go easy on yourself!</p>	<p><u>Scorpio (Oct. 23-Nov. 21)</u></p> <p>You will have an exciting year! You are purposeful, stubborn, and you stick to what you know. This year, some of your friendships might change, but don't worry – you'll find a way to work it out.</p>	<p><u>Sagittarius (Nov. 22-Dec. 21)</u></p> <p>Good news for you! You've got a great year ahead of you! This year you will be happier, and more successful. You will also travel to a country that you've never been to before and meet all kinds of new people!</p>
<p><u>Capricorn (Dec. 22-Jan. 19)</u></p> <p>Capricorn, keep on going through the obstacles that challenge you in life. You are persevering, determined, practical, and willful. If anyone can get through hard times, it's you! Going through these obstacles will only make you stronger.</p>	<p><u>Aquarius (Jan. 20-Feb. 18)</u></p> <p>You are very intelligent, Aquarius. You know how to handle difficult situations and complete your goals. You will live a strong and healthy life. You will be able to overcome anything.</p>	<p><u>Pisces (Feb. 19-March 20)</u></p> <p>You have a hard time making decisions, Pisces, but don't fret! This year you will be faced with a tough decision, but ultimately, the decision will be an easy one. Use your imagination to do creative things and to be good to other people.</p>